

**Amendments In The Claims:**

1. (Currently Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist, the grip having a medial and lateral side;

a flat elongated flexible medial strap extending from the grip medial side to a respective strap end;

a flat elongated flexible lateral strap extending from the grip lateral side to a respective strap end;

a flexible clench strap within the grip and extending from the medial side to the lateral side;

a top cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and

a bottom cross-strap distanced from the grip and extending between the medial strap and the lateral strap; and

~~means for connecting a resistance device to the medial strap and lateral strap ends whereby resistance force may be thereby transmitted through the grip to the outside of a user's fist within grip and wherein:~~

the grip has a most distal point for receiving the knuckles of a user's fist; and

the medial and lateral straps each have an open length of at least 24 inches from the most distal point.

2. (Original) A device according to claim 1, and further comprising:

a resistance device attached to the medial and lateral strap to apply resistive force to the grip.

3. (Original) A device according to claim 2, wherein:

the resistance device comprises at least one elastic member.

4. (Original) A device according to claim 1, and wherein:

the top cross-strap has a length, between the medial and lateral straps, of 2.25 inches.

5. (Original) A device according to claim 4, and wherein:

the bottom cross-strap has length, between the medial and lateral straps, of 8 inches.

6. (Original) A device according to claim 1, and wherein:

the grip has a most distal point for receiving the knuckles of a user's fist; and  
the top cross-strap is distanced from the most distal point a dimension of 6.5 inches at the lateral strap.

7. (Original) A device according to claim 6, wherein:

the top cross-strap extends from the lateral strap at a 45 degree angle away from the grip and to the medial strap.

8. (Original) A device according to claim 1, wherein:

the medial and lateral straps each comprise woven fabric material having a width of two inches.

9. (Cancelled)

10. (Currently amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;

a flat elongated flexible medial strap and a flat elongated flexible lateral strap, both extending from the grip and both having respective proximal ends;

a flexible clench strap within the grip and extending from the medial side to the lateral side;

~~means for applying a resistance force to the proximal end of the straps;~~

means for connecting a distant resistance device to the proximal end of the straps; and

means for applying a portion of the resistance force to the grip and medial and lateral sides of the middle of a user's forearm, in respective proportions dependent on the angle of the user's forearm to the applied resistance force, when the user's fist is accepted in the grip.

11. (Previously Amended) A physical training device for applying resistance forces to the human body in varying modes of movement for simulating martial arts techniques, the device comprising:

a conformable grip configured to accept a human hand formed in a fist;

an elongated flexible medial strap and an elongated flexible lateral strap extending from opposite sides of the grip;

a clench strap within the grip and extending from the medial side to the lateral side;

a top cross-strap connecting the medial strap and the lateral strap;

a bottom cross-strap connecting medial strap and the lateral strap;

all the straps configured to allow a person's hand to be held within the grip while the person's associated arm is disposed between the medial strap and the lateral strap and between the cross-straps, with the medial and lateral straps extending adjacent the person's arm from the grip to the person's elbow and further extending to behind the person's respective shoulder.

12. (Previously presented) A device according to Claim 11, and wherein:  
the medial and lateral straps have an open length of at least 24 inches.